

# STICKY BUNS

*(from Kenmore Microwave Cookbook, Ruth Rutledge Books Inc., 1979, p.154)*

## MICROWAVE OPERATION DEMONSTRATION

2/3 c firmly packed brown sugar  
6 Tbsp. margarine  
2 Tbsp. water  
2/3 c chopped nuts  
2 cans (8 ounces each) refrigerated biscuits

Combine brown sugar, margarine, and water in glass bowl. Cook, uncovered, on 70% power (roast or medium) for 2 minutes or until margarine melts. Stir mixture and spread over bottom of microwave bunt pan. Sprinkle nuts on top.

Place biscuits on top of mixture. Bake, uncovered, on 70% power (roast or medium) for approximately 5 minutes, or until biscuits are firm and no longer doughy. Let stand about 2 minutes and invert onto a flat serving plate.

## SUPPLIES NEEDED

recipe ingredients  
glass bowl  
1/3 cup measure  
knives  
spoon  
cutting board  
sharp chef's knife  
tablespoon measure  
microwave bunt pan  
rubber scraper  
nut chopper  
plate

## MAIN IDEAS OR CONCEPTS TAUGHT

1. Microwave ovens have power levels rather than temperature settings.
2. Plastic cooks the fastest, glass is the next fastest, and glass-ceramic is the slowest.
3. Metal in the microwave causes microwaves to reflect off the metal back to the tube -- this ruins the tube which is the most important part of the microwave.
4. When the food is removed from the microwave it continues to cook slightly. This cooking is called standing time. So, remove foods from the microwave then they are just slightly undercooked. Standing time completes the cooking.